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SEPTEMBER 2026

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ON THE COVER

Everyday Beauty
by Michelle Appavu

SUPERSTITIONLIVING

Celebrating the joy of living in the foothills of the majestic Superstition Mountains.

SEPTEMBER 2026 ❱ VOL 10 - Nº 9

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SEPTEMBER **2026**

INSIDETHISISSUE

COLUMNS

A.D.O.B.E News..... 4

Live It Well..... 10

Real Estate for You..... 11

Sonoran Desert Landscapes 13

In The Kitchen..... 14

Financial Focus 16

Healing Naturally..... 17

DEPARTMENTS

Local Events 6-8

Out & About Photography.....18

Business Directory.....20

FEATURES

Artist of the Superstitions Upcoming Events..... 8

Wreaths Across America & AZ Veterans Honor Tour 9

Whats Happening at CAF 9

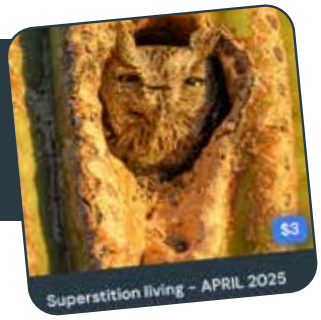
Eyes to the Future: Water Costs & Conservation 12

26th Annual Lost Dustchman Races Return in January 15

September Surprise Poem 16

LOOKING FOR EXTRA COPIES & PAST EDITIONS?

If you are looking for extra copies of past editions, please email editor@mansurdesign.com to work something out, or if you would like to order some online to be sent to your address, you may do so on my ko-fi shop, ko-fi.com/MansurDesignCo.



You can read them all online at issuu.com/SuperstitionLiving

This magazine is paid for by Local advertisers and is free to pick up from the Apache Junction Chamber of Commerce, and the Gold Canyon Visitor Center, as well as, other businesses around the area.

This Publication would not be here if it wasnt for the support of our Local Businesses, Thank you!

Article & Photo Submissions Welcome & Encouraged!

Please limit stories to approximately 400 words, and Calendar events to 100 words. You may submit Articles and Events to editor@mansurdesign.com or at the upload form on SuperstitionLiving.com

We are primarily interested in stories directly related to our circulation area. We will run these stories and photos based on space available each month. No guarantee of publication is made.

This is not a platform for complaints or political agenda.

Opinions expressed in editorial or advertisements do not necessarily represent the view or opinion of Mansur Design Co.

No liability is accepted for errors or omissions in editorial or advertising copy. We make every effort to ensure the accuracy of the publication but are not immune from mistakes.

We reserve the right to refuse any editorial or advertising copy that is not compatible with our publication standards.

Advertising rates and other information are available at SuperstitionLiving.com

DEADLINES

All editorial, photo and advertising are due by the 10th of each month prior to the month of publication.

CONTACT:

Mansur Design Company LLC.
Jessie Mansur
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MAIL APPLICATION TO: ADOBE 6499 S. Kings Ranch Rd. STE 6, Gold Canyon, AZ 85118 Email: *adobegoldcanyon@gmail.com*

A.D.O.B.E. NEWS

GLENNWALP
A.D.O.B.E PRESIDENT

Greetings to All ADOBE Members and Friends

"Nobody will ever deprive the American people of the right to vote except the American people themselves, and the only way they could do this is by not voting" – Franklin D. Roosevelt

Citizens of Pinal County recently participated in Arizona's primary election. We are all grateful to have the right to vote for the candidate and political party of our choice.

Regrettably, although we as American citizens living in the Gold Canyon area have the right to vote, only about one-third of registered voters cast a ballot. The numbers tell the story:

- **Gold Canyon Proper:**
  3,438 registered voters; 1,118 ballots cast.
- **Gold Canyon North:**
  1,135 registered voters; 375 ballots cast.
- **Mountainbrook Village:**
  1,472 registered voters; 687 ballots cast.
- **Superstition Mountain:**
  2,439 registered voters; 916 ballots cast.
- **Peralta Trails:**
  1,657 registered voters; 536 ballots cast.

Overall, voter turnout in these Gold Canyon communities was approximately 36 percent, meaning about 64 percent of registered voters did not cast a ballot. Certainly, some individuals were unable to vote for legitimate reasons, and that is understandable.

Close to home, Apache Junction (AJ) experienced exact participation, with approximately 36 percent of registered voters casting ballots. About 20 years ago, I was told that if 30% of registered voters vote in an AJ election, that was a good turnout.

Countywide, the picture was even less encouraging. In Pinal County's most recent primary election, 28.94 percent of registered voters cast ballots. While Gold Canyon's turnout exceeded the countywide average, it still means that nearly two out of every three registered voters in our community chose not to participate.

Respectfully, I believe these numbers should concern all of us. Regardless of political party or personal beliefs, we should take this as an opportunity for improvement and strive for greater civic participation. Elections at the county and local levels often have the most direct impact on our daily lives, influencing decisions about roads, public safety, planning, parks, and many other services we rely upon.

Why is this of interest to ADOBE? Because Gold Canyon remains an unincorporated community, we are governed by Pinal County. Whether that is viewed positively or negatively depends on one's perspective and the issues at hand. However, I believe that if we choose not to vote, we have little standing to complain when decisions are made, or policies are adopted that we oppose.

Of course, no one is required to vote, and that freedom is itself one of the many blessings of living in the United States. Yet when we consider the sacrifices of those who fought, were wounded, or gave their lives to preserve our freedoms, choosing not to vote when we have the opportunity seems to diminish those sacrifices.

Nevertheless, I believe President Roosevelt's words remain as relevant today as ever. Amid the constant political commentary and noise that surrounds us, Election Day gives each of us the opportunity to set aside the distractions, thoughtfully cast our vote, and exercise one of the most important rights of American citizenship.

Perhaps, in the end, your vote really can make a difference.

Glenn A. Walp, PhD • **ADOBE** – *"The Voice and Heart of Gold Canyon since 1989"*

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12333 E Soloman Rd $419,900
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7643 E Menodora Cir $565,000
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6358 S Vista Point Cir $615,000
1887sf, 3br, 2ba, 2cGar + Huge Resort Bckyrd, Heated Pool, New HVAC, SS Appl & More!

12106 E Chiricahua Pl $625,000
2548sf, 4br, 2.5ba, DEEP 2.5cGar + $50k+ in updates: Baths, Hvac, Generator, Hot Tub+++

3660 S Golden Eye Ln $725,000
3351sf, 4br, 3.5ba, 3cGar + Den, New Walk-in Shwr, FP, Turf, BBQ, Views & Furnished too!

Attention Agents!
Ask us about Benefits at REAL or on our TEAM!

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11116 E Silverado Drive
NEW Build w/ RV Garage!
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7313 S Bennett Circle
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Closing 10/15 ~ Our Seller

10793 E Sleepy Hollow Trail
Sold in 16 Days, CASH Sale!
Closing 9/16 ~ Our Seller

9519 E Flint Drive
Repeat Client!
Closing 9/10 ~ Our Buyer

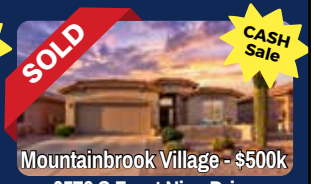
2466 S Pinyon Village Drive
CASH Sale!
Closing 8/31 ~ Our Seller

11606 E Chevelon Trail
Sold at 98% of List Price!
Closed 8/21 ~ Our Seller

5175 S Kings Ranch Raod
Sold at 98% of List Price!
Closed 8/19 ~ Our Seller

6727 E San Cristobal Way
Sold at 98% of List Price!
Closed 8/19 ~ Our Seller

7263 E San Cristobal Way
Negotiated 20k off List Price!
Closed 8/19 ~ Our Buyer



6570 S Front Nine Drive
Negotiated $19k off List Price!
Closed 8/17 ~ Our Buyer

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9.26

LOCALEVENTS

COMMUNITY CALENDAR

Submissions are due 10th of the month prior
editor@mansurdesign.com

Thursday, September 3rd, from 6-8pm — Paints & Pints! AJ Parks and Rec is teaming up with Cat Wagon Tap and Bottle for Paints & Pints! Each month will have a different theme for its painting, so no two months are the same! Paints & Pints will begin at 6pm, and it should take about two hours to finish. Registration is $40 and open to anyone 16 years or older. Registration covers all painting supplies and a free drink (pint, wine, soda)! Paints & Pints will be held at Cat Wagon Tap and Bottle, located at 2430 W. Apache Trail #4 in Apache Junction. *Space is limited, so make sure to register online at https://www.apachejunctionaz.gov/111/Parks-Recreation — **Next event is Thursday, September 3rd!***

Events Continue at Boyce Thompson Arboretum, Check the complete event pages on their website at www.btarboretum.org/event or contact the Visitor's Center at 520-689-2723. You may also Email: info@btarboretum.org.

Exciting Activities year round at the Superstition Mountain Museum, Call 480 983-4888 or visit www.superstitionmountainmuseum.org for schedule of classes and events.

Visit Lost Dutchman State Park, Check the website www.azstateparks.com/lost-dutchman/ for a schedule of events and activities. Call 480-982-4485

Saturday, Oct 17th from 9-4pm — Parannormal Festival at the Superstition Mountain Lost Dutchman Museum | Mark your calendars...press the buttons...tell Alexa or Siri to add it... The Paranormal Festival is back! Join @azghosttours, the best in paranormal educators and practitioners, vendors, food and activities!

Events & Speakers — 10:30a Author Jason Fritsch on the Legend of the Lost Dutchman | 11:30a Damian Harris of Vulture City | 12:30p Debe Branning w/ special guests Chance & Colleen | 1:30p Mercedez Lucke-Benedict | 2:30p UAP-PD - Marianne Robb & Dave Rich | 3:30p Staticom Quantum - Tony & Cherie Rathman | 6:00p Family-friendly Ghost Tour ($10) | 7:30p Paranormal Investigation- ($50) begins with a social, pizza and snacks, and a free Museum swag bag! This event is for those 16 years and up. Visit our website to purchase tickets and for more information, www.smldm.org

SEPTEMBER EVENTS AT AJ PUBLIC LIBRARY

1177 N Idaho Rd, Apache Junction, http://www.ajpl.org/

AZ@Work Job Search Help | AZ@Work will be at the library to support patrons with their job search. From resumes to applications to cover letters. **Mondays**, September 14, 21, 28, 11 a.m. – 1 p.m. | **Tuesdays,** September 1, 8, 15, 22, 29, 10 a.m.-noon.

Thursday, September 3, 3-5 p.m. Cosplay Club | Craft, Connect, Cosplay! Ready to bring your favorite characters to life? Connect with other creators, share tips and tricks, and use our tools and resources to craft amazing costumes. All skill levels and ages welcome. Drop in to our Makerspace every 1st Thursday.

Thursday, September 3, 5 - 7 p.m., Family Board Game Night | Bring the whole family to play all kinds of board games, from classics to new games you might not have tried!

Wednesday, September 9, 4 p.m. - Seed Up Meet Up | Help us fill our seed packets for the seed library, hear from

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Superstition Master Gardeners, ask questions about your home garden, & learn about Earth Heart Park and Community Garden! Topic: Companion Plants 101!

Thursday, September 10, 5-7 p.m. - Watercolor Fall Leaves Shadowboxes | Ready for fall? Celebrate changing leaves and seasons with a watercolor shadowbox. No watercolor experience necessary. Teens & adults welcome! Registration Required!

Monday, September 14, 28, 4:30 – 7:30 p.m. - Chess Club | Puzzles, Lessons, and Open Play for all ages and skill levels, with a member of US Team Chess League!

Tuesday, September 15, 1:30-2:30 p.m. - Dying For A Mystery Book Club– London Séance Societ *by Sarah Penner*

Tuesday, September 15, 6-7 p.m. No-Wrong-Way Photography Club | Join us monthly at The No-Wrong-Way Photography Club to share tips, critique each other's work, and get inspired. This group is open to photographers of all skill levels. The objective of individual members is to cultivate a personal style and enhance the quality of their photographs to an artistic level. The theme for the following month will also be discussed. *Digital photos can be submitted to photoclub@apachejunctionaz.gov.*

Wednesday, September 16, 3-4 p.m. - Biblio Bites – *Strawberry Mojito Pies* | No-bake desserts are a favorite during hot months, especially in Arizona! This pie is a breeze to whip up with no heat required. Create your own light and tart mini pie with the refreshing flavors of strawberry and lime. Sample it or take it home!

All supplies provided. Booking required and limited to 20 participants. Visit our website or call the library at 480-474-8555 to save your spot. For Ages 13+.

Thursday, September 17, 5-7 p.m. - Nintendo Tournament | Do you crush the competition in Super Smash Bros? Always come in first in Mario Kart? Come show us your skills at our Nintendo Tournament! Teens & adults welcome.

Thursday, September 17, 6:30 p.m. - Books & Brews | Join us at the Handlebar Pub & Grill in Apache Junction. Bring a book that fits the monthly genre or any you've enjoyed lately. Delight in discussion and libations on the pub's patio, plus 10% off your bill! *Genre: Banned Books*

Friday, September 18, 10 a.m. - Breathe Again: Learning to Live After Loss | Are you grieving a loss? Would you like a safe place to discuss your grief? A chance to meet new people and be with others who understand? Join us for a monthly bereavement group hosted by Barbara King, R.N., Executive Director of Supportive Hands Hospice. Free and open to adults.

CONTINUED ON PAGE 8

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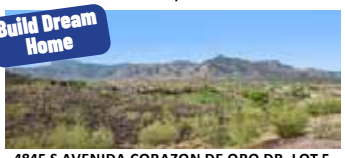
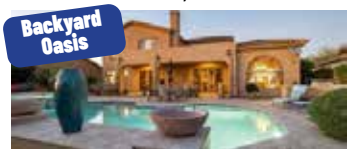
12281 E PIVOT PEAK, PERALTA CANYON

12237 E PIVOT PEAK, PERALTA CANYON



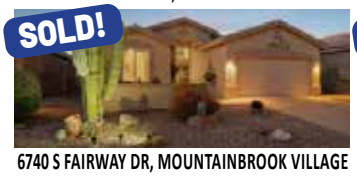
4845 S AVENIDA CORAZON DE ORO DR. LOT 5, VISTA DEL CORAZON



7387 E CLIFF ROSE TR, SUPERSTITION FOOTHILLS

6599 E CASA DE LEON LN, SUPERSTITION FOOTHILLS.

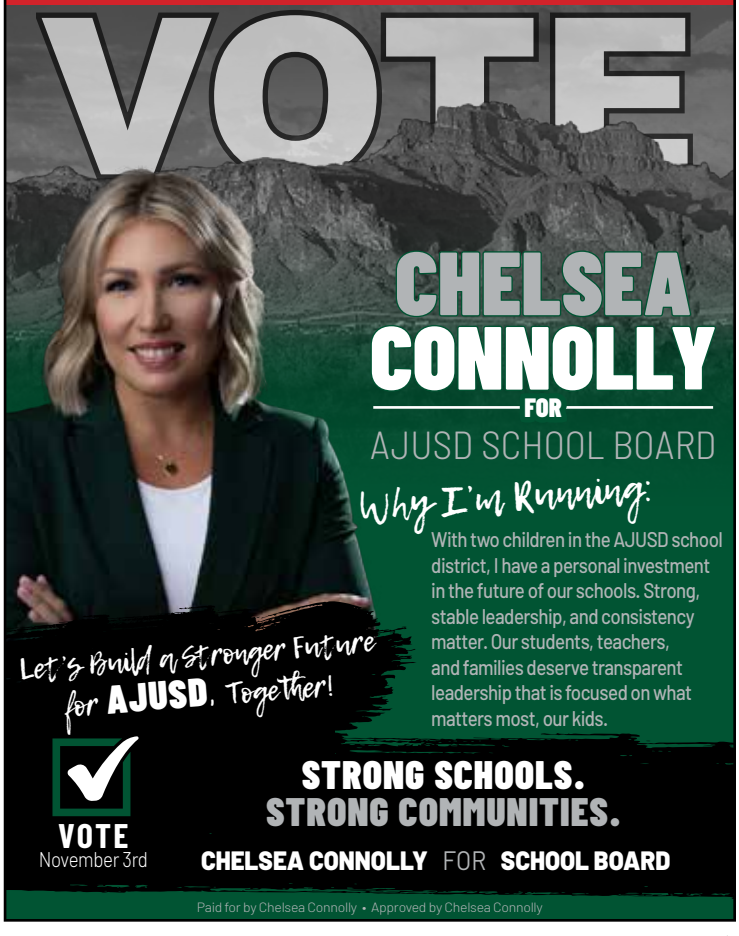
6123 S VISTA POINT DR. GATED VISTA POINT



6740 S FAIRWAY DR, MOUNTAINBROOK VILLAGE

12258 E BALLENTINE RD, PERALTA CANYON

ENDORSED BY APACHE JUNCTION POLICE & SUPERSTITION FIREFIGHTERS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CHELSEA CONNOLLY
FOR
AJUSD SCHOOL BOARD
Why I'm Running:
With two children in the AJUSD school district, I have a personal investment in the future of our schools. Strong, stable leadership, and consistency matter. Our students, teachers, and families deserve transparent leadership that is focused on what matters most, our kids.
Let's Build a Stronger Future for AJUSD. Together!
VOTE
November 3rd
STRONG SCHOOLS.
STRONG COMMUNITIES.
CHELSEA CONNOLLY FOR SCHOOL BOARD
Paid for by Chelsea Connolly • Approved by Chelsea Connolly

Monday, September, 21, 4 - 6 p.m. - Maker Monday | Adults are welcome to join us for fun, simple crafts. Relax your mind and free your creativity to begin the week. All supplies provided; no registration required.

Monday, September, 21, 4 - 6 p.m. - Harry Potter Party | Board the Hogwarts Express for a magical afternoon! All Ages Crafts, Butter Beer and watch Harry Potter and the Sorcerer's Stone (PG)

Thursday, September 24, 5:30 – 6:30 p.m. - Intro to 3D Print | Learn how to create a simple 3D design on the computer and how to print it on the library's 3D printer. Everyone will get to make their own bookmark! Join our Audiovisual Specialist Chris in the Training Center with our 3D Printer. For Adults (Ages 18+).

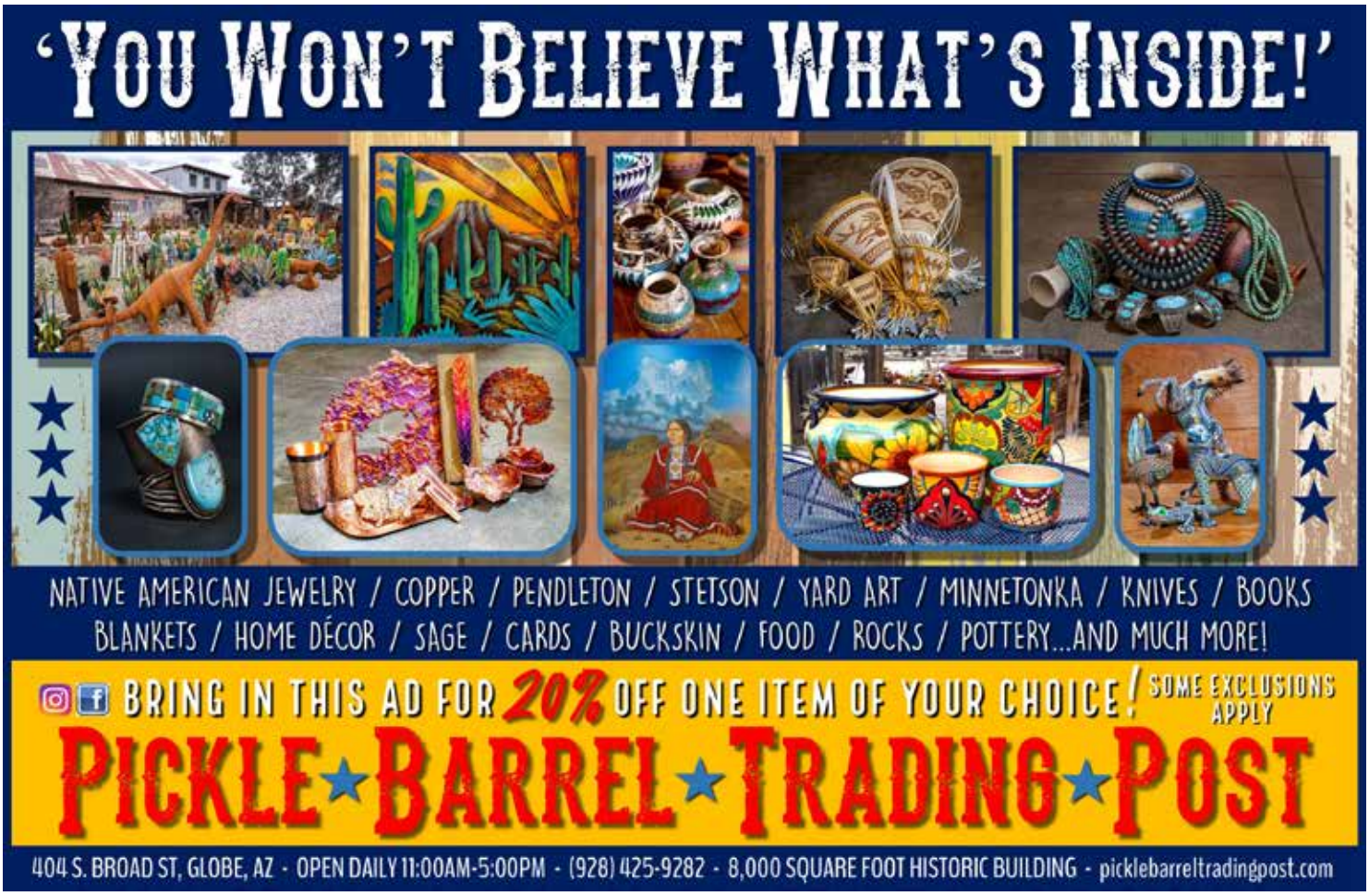
Thursday, September 24, 5:30 p.m. - Dungeons & Dragons | Players new and experienced can come play this fun 1 shot game!

ARTISTS OF THE SUPERSTITIONS
ANNOUNCE UPCOMING SHOW SEASON DATES

Artists of the Superstitions show dates and locations are set for the 2026-27 season. All shows are from 9 AM to 3 PM. Free parking and admission.

- October 24, 2026 Gold Canyon Community Church
- November 6-8, 2026 Fall Studio Tour in Gold Canyon and Apache Junction
- November 21, 2026 Mountain View Lutheran Church
- January 23, 2027 Gold Canyon Arts Festival
- February 13, 2027 Mountain View Lutheran Church
- February 27, 2027 Queen Creek Olive Mill
- March 19 – 20, 2027 Spring Fling Art Show Apache Junction High School

Visit www.artistsofthesuperstitions.com for more information.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WREATHS ACROSS AMERICA

ARIZONA VETERANS HONOR TOUR

By Nancy Fassbender

Our next fundraiser, will be for Wreaths Across America and our organization. This Fundraiser will be for one day only!

OCTOBER 29, 2026! (ALL DAY!!!)

You can go to any **RED ROBIN** location in ARIZONA and pay for a meal for your family, friends or just yourself!

RED ROBIN will then give us 20% of your purchases. You can even order take out! Even enjoy a delicious desert!!! We are not counting calories on that day!!!!

BE SURE to mention that you are there for Arizona Veterans Honor Tour / Wreaths Across America and they will give us a 20% from your order!

Red Robin® will give
20% OF FOOD SALES* BACK TO
If ordering online, please follow these instructions:
1 Start your order at redrobin.com/order and select the restaurant above.
2 In the menu, go to the category labeled "Fundraisers (To-Go Only)" and click on that item.
3 Click the "add" button, and then "add to bag."
4 Add your meal items and check out.
5 Arrive at Red Robin, come in, say hi, grab your food and be on your way! If your location has curbside pick-up, we can bring it to your car too!
*Fundraiser during restaurant operating hours. Visit redrobin.com and find this location to view hours. Donation based on all eligible net dine-in and to-go food sales only. Excludes sales from catering (at select locations), 3rd party ordering and delivery sites, alcohol, gift cards, retail, tax and gratuity. Offer void if flyer is distributed in or near the restaurant during fundraiser day & hours.

What better way to not only honor our interred Veterans but the WAA will then donate back to us $5 for every wreath sponsored!

Our Wreaths this year to sponsor are $17 each.
We are short 225 wreaths.
(www.wreathsacrossamerica.org/az0316p)

Please consider joining us on this special day, **October 29th** and treat yourself to a delicious meal knowing that what you have purchased, **20% will go towards honoring our interred Veterans!**

Thank you for your support.

AIRBASE ARIZONA
CAF
COMMEMORATIVE AIR FORCE

Open Wed—Sun, 10 a.m. to 4 p.m.
2017 N. Greenfield RD Mesa AZ 85215

The heat may be lingering in the Valley of the Sun, but the CAF Airbase Arizona Flying Museum has some cool things in store for the month of September. Visit the website where you can get more info for events at the CAF Airbase Arizona Flying Museum in August. https://www.azcaf.org

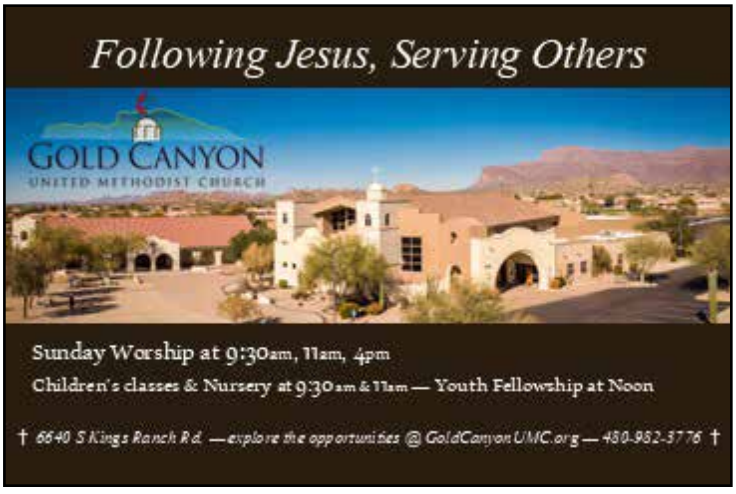
Saturday, Sept. 12th | Family day |Give your kids a cool treat to break the heat. Join us at the CAF Airbase Arizona Flying Museum on Saturday, Sept. 12, for Family Day. You'll get special, reduced family pricing, and children 12 and under can participate in an aviation technology challenge sponsored by the Civil Air Patrol.

Saturday, Sept. 12th | Speaker Series| *(included with museum admission)*After taking a break for the summer, our monthly speaker series is back. Join us on Sat., Sept. 12, at 1 p.m. for Pioneers of the Air: Fighter Plane Development and Evolution, presented by Docent Art Vernon. Discover how fighter aircraft evolved from early reconnaissance tools to decisive instruments of air superiority.

Annual Museum Pass | Here's a cool treat to beat the heat: Get year-round, unlimited admission to the CAF Airbase Arizona Flying Museum and access to special exhibits for you and a guest. An annual museum Pass, priced at $100, also includes a 10% discount in the museum gift shop.

Museum Tours | Get a free docent-guided tour of the museum and learn the history behind the exhibits and displays, 11 a.m. and 2 p.m.

Cockpit Tours | Take advantage of one of our most popular hands-on experiences. Cockpit tours are available most days for only $15 more.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RETURN TO YOU.

There are seasons in life when we hardly recognize ourselves. Not because we've changed in a bad way, but because life has been asking so much of us. Work becomes demanding. Families need us. Unexpected challenges arrive. Relationships change. We care for aging parents, recover from injuries, grieve losses, navigate financial stress, or simply carry the weight of everyday responsibilities. Little by little, without even realizing it, we begin living for everything and everyone except ourselves. Then one day, we pause and quietly wonder, "Where did I go?"

The beautiful truth is this: you are never truly lost. Sometimes you simply need permission to return.

Returning to yourself isn't selfish, it is essential. When we care for our own physical, emotional, and mental well-being, we have more to give to the people and the life we love. Returning to yourself might look like choosing nourishment instead of restriction. Restoration instead of exhaustion. Nurturing instead of neglect. Refueling instead of simply getting through another day. Recharging instead of constantly running on empty. Sometimes the healthiest thing we can do is simply remember that we matter too.

One of the greatest misconceptions about life is that it moves in a straight line. We imagine progress as constantly climbing upward, never slipping backward, never needing to pause. But life does not work that way, and neither does nature. The seasons return every year. Trees lose their leaves and grow them again. The tide comes in and goes out. Healing happens in cycles. Life isn't a straight line. It is more like a spiral. Like trees, we don't grow by staying in one season forever. We grow because each season prepares us for the next. We revisit familiar places, but we return with more wisdom, more compassion, and more experience than before. Every season teaches us something, and every restart strengthens us.

Yet many of us feel guilty when we need to begin again. We think we should already have everything figured out. We shouldn't have to start exercising again, eating healthier again, asking for help again, or finding ourselves again. We quietly tell ourselves that we should be further along. But growth has never been measured by how few times you start over. Growth is measured by your willingness to return. Every time you choose hope instead of giving up, take one healthy step after weeks of standing still, or offer yourself kindness instead of criticism, you are moving forward. You are not beginning from scratch, you are beginning from experience.

Most meaningful restarts do not arrive with fireworks or dramatic announcements. They happen quietly. One deep breath before reacting. One healthy meal. One walk around the block. One conversation. One earlier bedtime. One decision to try again. Tiny choices often become life-changing habits, not because they are dramatic, but because they are repeated.

Perhaps the greatest gift we can give ourselves is permission. Permission to rest without guilt. Permission to heal without rushing. Permission to change our minds. Permission to say no. Permission to ask for help. Permission to laugh again. Permission to dream again. Permission to simply be where we are today instead of where we think we should be. We spend so much of our lives waiting for someone else to tell us it's okay. Maybe the person we've been waiting for is ourselves.

Take a moment and finish this simple sentence: I give myself permission to... Maybe it's rest today. Maybe it's let go of perfection. Maybe it's ask for help. Maybe it's take care of myself. Maybe it's begin again. Write your words on a sticky note or index card and place them where you will see it each day. Healing rarely begins with one dramatic decision. More often, it begins with one gentle reminder.

As September arrives, routines begin to fill our calendars once again. Before life gathers speed, pause long enough to ask yourself one simple question: What do I need to return to myself? Maybe it's movement. Maybe it's community. Maybe it's quiet. Maybe it's strength. Maybe it's simply making time for yourself again.

Whatever your answer is, remember this: you don't have to reinvent yourself. You don't have to earn your way back. You don't have to wait until Monday, next month, or next year.

Every day offers another opportunity to return to the person you've always been. Not because you've fallen behind. Not because you need to be perfect. Simply because you're worth taking care of.

Each time you return, you aren't starting over. You're simply coming home. Give yourself permission to Return to You. Live the life you love. Live your best life.

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How to Think Long Term When Choosing a Home

Buying a home is one of the biggest financial decisions you will ever make, and while it is easy to focus on your current needs, it is equally important to think about the years ahead. The home that fits your lifestyle today should also have the flexibility to support your future goals. Looking beyond your immediate needs can help you make a decision you will feel confident about for years to come.

Consider How Life May Change

Life rarely stays the same for long. Career opportunities, family growth, retirement plans, or lifestyle changes may all influence how you use your home in the future. As you tour properties, ask yourself whether the home will continue meeting your needs if your circumstances change over the next five to ten years.

Think Beyond Today's Trends

Modern finishes and popular design trends can certainly make a home more attractive, but they should not be the only factors influencing your decision. A functional floor plan, quality construction, and a desirable location often provide greater long-term value than features that may go out of style over time.

Evaluate Future Resale Potential

Even if you plan to stay in your new home for many years, it is wise to consider how the property may appeal to future buyers. Homes located near schools, parks, shopping, employment centers, and transportation often maintain stronger demand over time. Features such as practical layouts, ample storage, and energy-efficient upgrades can also contribute to long-term value.

Choose a Home That Supports Your Goals

A home should fit comfortably within your budget while leaving room for other financial priorities. Owning a home should allow you to continue saving for retirement, vacations, education, and unexpected expenses. Choosing a home that supports your overall financial well-being is often more valuable than stretching your budget to purchase the largest house available.

The best home is not simply the one that meets your needs today. It is the one that continues supporting your lifestyle, finances, and future plans for many years to come. Thinking long term helps you make a confident investment that you can enjoy through every stage of life.

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EYES TO THE FUTURE: WATER COST & CONSERVATION

By: Jerry Stevenson, President GCCI

Here in the desert we can never lose sight of the fact that water is our most critical resource. We all have the responsibility to treat it as such. Conserving its usage and monitoring its cost continues to be a Gold Canyon Community, Inc. (GCCI) priority.

Right now, the Arizona Water Company (the main supplier of water to Gold Canyon) is filing for a rate increase of 33% across the board of its North, West, and East usage groups. They are also requesting a Formula Rate Plan which would allow for rates to be adjusted *annually.* In addition, the rate-increase application calls for a cost recovery mechanism to counter any out-of-plan water purchases, legislated costs such as stricter water quality standards, and surcharges for wildfire protection, public safety, and a new computer system. The customer impact would vary by your water meter size, but the typical user of 3,000 gallons per month could expect a bill increase of $10 per month.

All of this is still up for public discussion. Our GCCI mission is committed to keeping you aware of issues, events, and proposals that affect our community. We invite you to make comments on this water rate application via the avenues listed below.

Meanwhile, as you eye the household budget impact of this proposal, we urge you to be vigilant in monitoring your household usage of drinkable water. Official information from the Arizona Department of Water Resources ((ADWR) and the U.S. Geological Survey (USGS) indicates that we are not going to run out of drinkable water in the near future, but the old adage of "waste not want not" is always a good idea here in the desert.

For questions and a copy of the Application, contact Arizona Water Company at 602-240-66860 / mail@azwater.com

Submit comments by mail to the Arizona Corporate Commission referencing **Docket No.W-01445A-26-0044** at 1200 West Washington St., Phoenix, AZ 85007. Or make comments online at www.azcc.gov; click on *Divisions,* then *Hearing.* Scroll to *eFiling Services* and click on *Make a Public Comment in a Docket.*

GCCI also invites you to join our mission by giving back to your community as an active volunteer. Call me at 206-290-0173

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SONORAN DESERT LANDSCAPES

TOM MCDONALD
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RENOVATION STYLE PRUNING

The Arizona Landscape Contractors Association has published a workbook entitled "Sustainable Landscape Management". This manual is dedicated to those landscape maintenance practices that save water, minimize trips to the landfill, increase shade in urban environments, put the right plant in the right place, and increase the lifespan and beauty of desert adapted plants used in southwestern desert landscapes.

The following information is drawn from that publication, which will be available to the public in the spring on A.L.C.A.'s website, www.alca.org.

For any homeowner that has a six-foot spherical shrub in their yard that must be trimmed back into shape every few months, seldom blooms and outgrew its space back during the Eisenhower administration, renovation pruning is for you.

Renovation style pruning is simply removing up to two thirds of the plant. The key to success involves knowing when to prune and which species can survive renovation.

Conversely, hedging is the repeated trimming of shrubs with power hedgers into geometric shapes, taking off the growing tips of the plant.

The problems with regularly hedging shrubs are:

- Once started it is hard to stop, shrubs repeatedly hedged develop dead spots on their interiors, forcing landscapers to trim a little higher each time
- Removes buds that produce flowers
- Actually stimulates growth as the plant tries to rapidly replace the lost tissue
- Spreads diseases
- Sends more waste to the landfill
- Shortens the life of plants

Even though there are a few species of shrubs (such as jojoba & fairy duster) that can be hedged to good effect in the desert southwest, many landscape professionals find the practice difficult to justify, given the harsh growing conditions and the numerous sustainable options available.

Jojoba Before Reno Pruning

Jojoba After Reno Pruning

A few important points to be aware of about Reno pruning,

It is not for every shrub. A short list of plants that will benefit includes; Rain sage, bougainvillea, lantana, oleander, jojoba, cassia, yellow bells, and natal plum.

It is always done in cool months, except when flowers are present.

It is a seasonal practice rather than monthly and, in some cases, may only be needed once every few years.

Renovation will save more plants than it kills if done right but it is not always successful, sometimes the plant dies. That risk must be considered before implementing the procedure.

If the vision of a yard full of shrubs resembling children's giant building blocks is your idea of 'nature', please accept my apology if I've offended and feel free to ignore this article.

IN THE KITCHEN WITH MARSHA

MARSHADORRIS

REESE'S PEANUT BUTTER CUP COOKIES

This cookie is made for all the Peanut Butter and Chocolate lovers!!

Ingredients —

- 1 cup creamy peanut butter
- ½ cup + 2 Tblsp salted butter, softened
- ½ cup granulated sugar
- ½ cup brown sugar
- 1 egg
- ¼ cup milk
- 1 tsp vanilla extract
- 1 ½ cups all-purpose flour
- 1 tsp baking powder
- ½ tsp salt
- 36 Reese's THINS Peanut Butter Cups*

You will need 2 bags of the 7.37oz size. Sometimes you can find the bigger bag. They come in milk and dark chocolate!

With a mixer, cream together the peanut butter, butter, white and brown sugars until blended. Beat in the egg, milk and vanilla. Combine the flour, baking powder and salt in a separate bowl. Add flour mixture to the peanut butter mixture and mix together. Scoop tablespoons of dough and roll into balls. Place balls 2 inches apart on parchment lined cookie sheets. Bake 8 - 9 minutes at 375 degrees. Don't overcook! These cookies are much better soft and just barely cooked all the way through. I used a 1.5 Tbsp scoop to make the balls. Take the peanut butter cups out of their wrappers while you are waiting for them to bake so they will be ready to put into the cookies.

Immediately after removing the cookies from the oven, gently press a Reese's Thins Peanut Butter cup into the center of each cookie. Allow the cookies and chocolate to set up before serving. You can set the cookie sheet in the refrigerator or freezer for about 10 – 15 minutes to speed up cooling and set the chocolate. ENJOY!!

**I have bought the Reese's Thin Peanut Butter Cups at Fry's, Walmart and Safeway.*

Any questions or comments please contact Marsha at Marsha.Dorris.Realtor@gmail.com

26TH ANNUAL LOST DUTCHMAN RACES RETURN TO AJ IN JANUARY

Five Non-profit Events Have Moved
to January over MLK 3-day Weekend

by Rick Hardina

The 26th annual Lost Dutchman Marathon, Half Marathon, 10K, and 8K Trail Run will return to Apache Junction and Gold Canyon on Sunday, January 17th, 2027, during the Martin Luther King 3-day holiday weekend. A 2-mile Fun Run will take place in Apache Junction at the Multigenerational Center on Saturday, January 16th. Runners are welcome to participate in the 26.2 mile marathon, while walkers and runners may register for any of the shorter distances.

All proceeds from the five non-profit Lost Dutchman race events will benefit several local youth groups and organizations. Lost Dutchman Race officials are proud to announce that in 2026 our events reached a cumulative total of $1,040,000 in local donations!

Start line for the 26.2 mile marathon will be at the Lost Goldmine Trail East in Gold Canyon. The marathon will wind its way through Gold Canyon and then proceeds along scenic back roads to the finish line in Prospector Park in Apache Junction. The shorter races originate from and return to Prospector Park in Apache Junction.

All race registrants receive post-race refreshments and a long-sleeved Lost Dutchman T-shirt. In addition, all finishers in the Marathon, Half Marathon, 10K, and 8K Trail Run will receive a colorful high-quality finisher medal. Those interested in participating in any of the events may register on the Lost Dutchman Marathon website: www.lostdutchmanmarathon.org.

In addition, all readers of Superstition Living may enter the code SUP10LDM when registering online in order to receive a 10% discount off of any race distance selected.

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SEPTEMBER SURPRISE!

By Marcia Nelson

September says good-bye
to the summer's heat.
Gentle breezes arrive
urging temps to retreat.

But just when you think
this is the perfect site,
that angry dog of summer
decides to take another bite.

This fickle autumn month
is a conundrum for sure.
Just plan for surprises
and you'll have found the cure.

But before you know it
the smell of falling leaves
will again awaken the promise
of wearing long sleeves.

So look to the horizon,
and guess what you'll see?
Pumpkins and turkeys,
and of course, a Christmas tree!

FINANCIAL FOCUS®

MATTRUPPERT

DEBUNKING FIVE COMMON SOCIAL SECURITY MYTHS

Social Security is often one of the most important income sources in retirement. Yet widespread myths about how it works can lead to confusion, unnecessary worry and poor planning decisions. Here's the truth behind five of the most common misconceptions.

Myth 1: Social Security is going broke. You've probably heard this one, but the full picture is more nuanced. According to the 2026 Social Security Board of Trustees Report, if Congress does nothing, the program would need to reduce benefits starting in 2032, paying roughly 78 cents for every dollar owed.

But that's just one scenario. Congress could raise the combined payroll tax from 12.4% to 16.65%, which the trustees estimate would secure full benefits through 2100. Other options include eliminating the earnings cap subject to payroll tax or adjusting retirement ages. Lawmakers have tools to address this.

Myth 2: Social Security will cover all your retirement needs. Think of Social Security as a financial foundation, not the full building. According to the Social Security Administration, benefits replace only about 40% of pre-retirement income for a median earner. That means you'll likely need to account for most of your retirement income yourself. Building a strong personal savings strategy now can help close that gap.

Myth 3: You lose benefits permanently if you keep working. Not true. Social Security does have an "earnings test" that can temporarily reduce benefits for people who claim early and keep working. If your earnings exceed a set annual cap – which changes each year – Social Security will withhold a portion of your benefits. But once you reach full retirement age, the Social Security Administration adjusts your monthly check higher to repay those withheld amounts over time.

Myth 4: An ex-spouse's benefits come out of your own. If you were married for at least 10 years and are currently unmarried, your former spouse may be eligible to collect on your earnings record, or you may be able to collect on theirs. Divorced spouse benefits can be up to 50% of the other person's full retirement benefit. But those payments don't affect yours. Your monthly benefit is not reduced by anything paid to an ex-spouse or even a current spouse.

Myth 5: Social Security benefits are no longer taxed. Recent legislation caused some confusion here. The One Big Beautiful Bill Act did not eliminate taxes on Social Security benefits. If your combined income exceeds certain thresholds, you'll still owe taxes on a portion of your benefits.

The law also created a temporary deduction (available through 2028) for people 65 and older. Eligible taxpayers can deduct $6,000 per qualifying filer if their modified adjusted gross income is $75,000 or less for singles or $150,000 for couples. The deduction phases out at $175,000 for singles and $250,000 for joint filers.

The more you understand Social Security, the more control you have over your retirement outcome. Grounding your decisions in facts rather than assumptions can make a meaningful difference in your long-term financial security.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. — Edward Jones, Member SIPC.

HEALING NATURALLY

Dr. Tina Marcantel, Naturopathic Doctor
480-738-1647 | DrMarcantel.com
6589 S. Kings Ranch Road, Gold Canyon

WHY ARE YOUR ADRENAL GLANDS SO IMPORTANT?

When you think of the adrenals you may automatically think of adrenaline, but these vital little glands play a much larger role than simply supplying the "fight or flight" hormone.

The adrenals are located on the north pole of the kidneys. The two glands are each divided into two major parts. The **adrenal medulla** releases adrenaline to handle short-term or immediate stress–fight or flight, such as being in danger or having to deal with a sudden crisis. The **adrenal cortex** that surrounds the adrenal medulla has three layers. One layer has to do with regulating blood pressure. The next layer releases cortisol to help us handle long-term stress situations and the third layer releases progesterone, estradiol, testosterone, and DHEA in small amounts.

All through your life the adrenals are producing these hormones, but for a woman the primary source of the sex hormones is the ovaries. When a woman enters the perimenopause/menopause phase of her life, her ovaries slowly stop producing the sex hormones and the adrenal glands should be able to produce enough of those to help make the transition to menopause fairly smooth. However, if the adrenal glands are under a lot of stress for a long period of time, they can get overworked to the point where they can't produce, as needed—a condition some call "adrenal fatigue."

One sign of adrenal fatigue is being **"tired and wired."** When a person experiences chronic stress—either physical or emotional—the adrenals are always releasing cortisol, so even though the person may be physically tired she still feels anxious or excited because of the high cortisol levels in her body.

Another sign of adrenal fatigue is low blood pressure because the adrenals aren't able to help regulate it. Along with this people sometimes experience a craving for salt because in order to regulate blood pressure we need a certain amount of sodium in the body. When the adrenals are tired and the blood pressure drops, our body craves salt to bring up the volume of the blood, increasing the blood pressure.

Diagnosis and Treatment

Adrenal fatigue can be detected by a using a combination of a thorough history from a healthcare professional familiar with its treatment and salivary hormone testing to check certain hormone levels in the body.

A holistic approach to treatment would entail dealing with the immediate physical symptoms but also working on getting to the root causes and dealing with those, as well.

Hormones can often be related to and affect one another, so it's important to check the sex hormones and stress hormones to make sure they are in balance. Once there is a clear overall picture and imbalances have been identified, treatment can start with targeted nutritional supplements that assist in supporting the adrenal glands.

A protein-rich meal plan is another key natural approach to overcoming adrenal fatigue. Of course, regular rest and sufficient sleep patterns are vital to giving the body the support it needs.

The next step for the patient is learning to deal with the chronic stress that is the cause of adrenal fatigue. This comes through counseling and patient education. Sometimes it means making lifestyle changes.

Taking care of your adrenal glands is often overlooked in healthcare, but it could make all the difference in your overall well-being!

PHOTOGRAPHY FROM AROUND THE AREA

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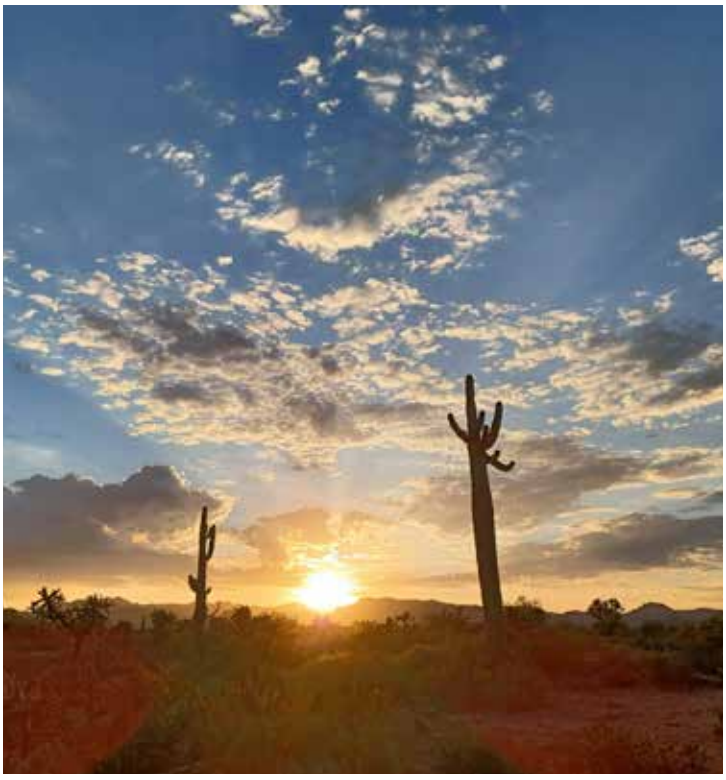

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